

# Aquaplex Fitness Calendar

## March 2016

\* = Additional Fee

Colors: **Blue**= aquatic class in pool **Green**= class in movement studio on fitness floor **Purple**= class in gym **Red**= class on climbing wall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> PBM: 8-9am AF: 9-10am *CDT: 2:40-3:50pm ABC:4:30-5:30pm Group Cycle: 6:30-7:30pm	<b>2</b> S&S: 9-10am Group Cycle: 5:30-6:30pm AF:6:30-7:30pm *I/A Ballet: 7:40-8:45pm	<b>3</b> PBM:9-10am Yin Yoga: 10:30-11:30am Insanity Live: 12-1pm *MLB: 2:40-3:50pm Zumba: 6:30-7:30pm	<b>4</b> ABC: 9-10am <b>WA: 9-10am</b> *I/A Ballet: 10:30am-12pm <b>WA: 12-1pm</b> *BB:12:15-1:15pm ABC:4:30-5:30pm Insanity Live 6-7pm	<b>5</b> <b>Kids Fit Jr.: 9-10am</b> Vinyasa Yoga: 9-10am <b>Kids Fit: 10-11 am</b> <b>Aqua Zumba:10-11am</b> Kids Yoga:11am-12pm Zumba: 12-1pm <b>WA: 12-1 pm</b>
<b>6</b> <b>WA: 12-1pm</b>	<b>7</b> <b>WA: 9-10am</b> Core Fitness: 9:15-10:15am *MLB: 10:30-11:45am Insanity Live: 12-1pm <b>WA: 12-1pm</b> ABC: 4:30-5:30pm *Zumba w/ Amy: 5:30-6:30pm <b>Aqua Zumba: 6:30-7:30pm</b>	<b>8</b> PBM: 8-9am AF: 9-10am <b>WA: 12-1pm</b> *CDT: 2:40-3:50pm ABC:4:30-5:30pm <b>WA: 5:30-6:30pm</b> Group Cycle: 6:30-7:30pm	<b>9</b> S&S 9-10am <b>WA: 9-10am</b> Aqua Yoga: 10:15-11:15am <b>WA: 12-1pm</b> Group Cycle: 5:30-6:30pm AF: 6:30-7:30pm *I/A Ballet: 7:40-8:45pm <b>Aqua Zumba: 6:30-7:30pm</b>	<b>10</b> PBM: 9-10am Yin Yoga: 10:30-11:30am Insanity Live: 12-1pm <b>WA: 12-1pm</b> *MLB: 2:40-3:50pm Abs 500: 4:30-5:30pm <b>WA: 5:30-6:30pm</b> Zumba: 6:30-7:30pm	<b>11</b> ABC: 9-10am <b>WA: 9-10am</b> *I/A Ballet: 10:30am-12pm <b>WA: 12-1pm</b> *BB: 12:15-1:15pm ABC: 4:30-5:30pm Insanity Live: 6-7 pm	<b>12</b> <b>Kids Fit Jr.: 9-10am</b> Vinyasa Yoga: 9-10am <b>Aqua Zumba: 10-11am</b> <b>Kids Fit: 10-11am</b> Pilates: 10-11am Kids Yoga:11am-12pm Zumba: 12-1pm <b>WA: 12-1pm</b>
<b>13</b> <b>WA: 12-1pm</b>	<b>14</b> <b>WA: 9-10am</b> Core Fitness: 9:15-10:15am *MLB: 10:30-11:45am Insanity Live: 12-1pm ABC: 4:30-5:30pm *Zumba w/ Amy: 5:30-6:30pm	<b>15</b> PBM: 8-9am AF: 9-10am *CDT: 2:40-3:50pm ABC:4:30-5:30pm Group Cycle: 6:30-7:30pm	<b>16</b> <b>WA: 9-10am</b> S&S: 9-10am Group Cycle: 5:30-6:30pm AF: 6:30-7:30pm *I/A Ballet: 7:40-8:45pm	<b>17</b> PBM: 9-10am Insanity Live:12-1pm *MLB: 2:40-3:50pm Abs 500: 4:30-5:30pm Zumba: 6:30-7:30pm	<b>18</b> <b>WA: 9-10am</b> *I/A Ballet: 10:30am-12pm *BB:12:15-1:15pm Insanity Live: 6-7pm	<b>19</b> <b>Kids Fit Jr.: 9-10am</b> Vinyasa Yoga: 9-10am <b>Aqua Zumba: 10-11am</b> <b>Kids Fit: 10-11 am</b> willPower Method : 10-11am Kids Yoga:11am-12pm Zumba: 12-1pm <b>WA: 12-1pm</b>
<b>20</b> <b>WA: 12-1pm</b>	<b>21</b> <b>WA: 9-10am</b> Core Fitness: 9:15-10:15am *MLB: 10:30-11:45am Insanity Live: 12-1pm <b>WA: 12-1pm</b> *Zumba w/ Amy: 5:30-6:30pm <b>Aqua Zumba: 6:30-7:30pm</b>	<b>22</b> PBM: 8-9am <b>WA: 12-1pm</b> *CDT: 2:40-3:50pm <b>WA: 5:30-6:30pm</b> Group Cycle: 6:30-7:30pm	<b>23</b> S&S 9-10am <b>WA: 9-10am</b> Aqua Yoga: 10:15-11:15am <b>WA: 12-1pm</b> Group Cycle: 5:30-6:30pm *I/A Ballet: 7:40-8:45pm <b>Aqua Zumba: 6:30-7:30pm</b>	<b>24</b> PBM: 9-10am Yin Yoga: 10:30-11:30am Insanity Live: 12-1pm <b>WA: 12-1pm</b> *MLB: 2:40-3:50pm Abs 500: 4:30-5:30pm <b>WA: 5:30-6:30pm</b> Zumba: 6:30-7:30pm	<b>25</b> <b>WA: 9-10am</b> *I/A Ballet: 10:30am-12pm <b>WA: 12-1pm</b> *BB:12:15-1:15pm Insanity Live: 6-7pm	<b>26</b> <b>Kids Fit Jr.: 9-10am</b> <b>Aqua Zumba: 10-11am</b> <b>Kids Fit: 10-11 am</b> Pilates: 10-11am Kids Yoga:11am-12pm Zumba: 12-1pm <b>WA: 12-1pm</b>
<b>27</b> <b>WA: 12-1pm</b>	<b>28</b> <b>WA: 9-10am</b> Core Fitness: 9:15-10:15am *MLB: 10:30-11:45am Insanity Live: 12-1pm <b>WA: 12-1pm</b> *Zumba w/ Amy: 5:30-6:30pm <b>Aqua Zumba: 6:30-7:30pm</b>	<b>29</b> PBM: 8-9am <b>WA: 12-1pm</b> *CDT: 2:40-3:50pm <b>WA: 5:30-6:30pm</b> Group Cycle: 6:30-7:30pm	<b>30</b> S&S 9-10am <b>WA: 9-10am</b> Aqua Yoga: 10:15-11:15am <b>WA: 12-1pm</b> Group Cycle: 5:30-6:30pm *I/A Ballet: 7:40-8:45pm <b>Aqua Zumba: 6:30-7:30pm</b>	<b>31</b> PBM: 9-10am Yin Yoga: 10:30-11:30am Insanity Live: 12-1 pm <b>WA: 12-1pm</b> *MLB: 2:40-3:50pm Abs 500: 4:30-5:30pm <b>WA: 5:30-6:30pm</b> Zumba: 6:30-7:30pm		

ABC= Adult Boot Camp

AF= Adult Fitness

BB=Beginner Ballet

CDT= Int/Adv Contemporary Dance Technique

I/A Ballet=Int/Adv Ballet

MLB= Mixed Level Ballet

PBM=Pilates Based Movement

S&amp;S= Strength &amp; Stamina

WA= Water Aerobics